

## Dress Right, Dress

Ref AFI 36-2203, paragraph 3.6.5

Saluting need not be rendered in crowds and at public gatherings, such as sporting events, meetings or when a salute would be inappropriate or impractical. (Courtesy of the Spangdahlem AB First Sergeants Council)



## News Briefs

### Bright ideas

The 52nd Fighter Wing energy conservation awareness committee and 52nd Services Squadron bring the opportunity for people to have “fun with energy” at the energy awareness month fair Tuesday from 1-6 p.m. at the Spangdahlem AB Youth Center multi-purpose room. For details, call the youth center at 452-7545.

### Postal volunteers

The 52nd Communications Squadron post office needs volunteers for the next two months to assist with a mailing shortage now and with the pending holiday rush. Those interested can call Senior Master Sgt. Mike Ruzza at 452-6038 or e-mail him via the global address list.

### Base glow

The wing energy manager reminds all Team Eifel Sabers to turn off all exterior and interior lights after duty hours or when not in use. This practice is to conserve energy and reduce “base glow,” as well as assist in base force protection. Facility managers must ensure this policy is strictly enforced. For details, call Master Sgt. Rob Thompson at 452-6989.

### Blood drive

A base-wide blood drive takes place Dec. 1 from 9 a.m. to 3 p.m. at the old officer’s club, Spangdahlem AB, building 42. The majority of the blood will be sent downrange to support Operation Iraqi Freedom. To volunteer or donate, visit the Intranet at <http://intranet/misc/signup/blooddrive/> or call Tech. Sgt. Margaret Santamaria at 452-4263.

### DoD student meal program

The Department of Defense revised its computation of household income to determine the eligibility of DoD school-aged family members attending DoD overseas schools for free or reduced-price meals. Effective this 2004-05 school year, government-provided housing allowances shall be excluded from such computations for the DoD student meal program. For more information, call Jamie Smith, the acting school liaison, at 452-6942 or Sue Mills, the USAFE headquarters school liaison, at 480-7464.

### MDG training day

The 52nd Medical Group at Spangdahlem AB and the Bitburg Annex is closed for training Dec. 9 from 7:30 a.m. to 4:30 p.m. Those in need of urgent care should go to the Bitburg Annex hospital emergency room for care.

## Cheer up!

Operation Season’s Greetings promises holiday fun.

Read “Patriot cheerleaders visit Spangdahlem AB,” on Page 4



# Eifel Times

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Spangdahlem Air Base, Germany

Nov. 19, 2004

## Veterans honoring veterans



Photos by 2nd Lt. Shannon Collins



(Left) Phillip Rivers, director of the World War I Meuse-Argonne Cemetery and Memorial in France, and Col. Dave Goldfein, 52nd Fighter Wing commander, lay wreaths in honor of Veteran’s Day in the village of Romagne-sous-Montfaucon after participating in a Veteran’s Day ceremony at the cemetery. Hundreds of Airmen from Spangdahlem Air Base attended to honor the more than 14,000 Americans who are buried at this cemetery, the largest American cemetery in Europe. Most of those buried there gave their lives during the Meuse-Argonne Offensive of World War I. (Top) The 52nd FW Honor Guard and a 30-person formation of chiefs, first sergeants and company grade officers stand at parade rest during the Veteran’s Day ceremony. For more photos, see Page 4.

# CMH recipient recounts war experience with wing officers

By 1st Lt. Gerardo Gonzalez  
52nd Fighter Wing Public Affairs Office

A former Air Force pilot who was awarded the Congressional Medal of Honor for his heroic actions during the Vietnam War visited Spangdahlem Air Base and met with wing officers Nov. 10.

Col. (ret.) George E. Day reflected on his 67-month ordeal as a prisoner of war after bailing out of his crippled F-100F *Super Sabre* jet over enemy territory during the war in Southeast Asia.

“It’s a treat to have a real American hero here just before Veteran’s Day,” said Col. Dave Goldfein, 52nd Fighter Wing commander. “Colonel Day is a warrior’s warrior and one of our very few POWs who have earned the Congressional Medal of Honor.”

It was during a mission in 1967 when Colonel Day, flying as a fast forward air controller, or fast FAC, rolled in on an enemy surface-to-air missile site and was shot down by ground fire as he attempted to destroy it.

“I experienced the reverse American dream,” Colonel Day said. “I went from riches to rags in one pull of the (ejection seat) handle.”

The colonel, then a major, bailed out of the aircraft and landed on the ground unconscious and with multiple injuries, including an arm broken in two places, a dislocated knee and an injured eye. He was captured by enemy troops.

“I hit the ground in the worst possible condition,” Colonel Day said. “I began to get abused from the time I made con-

tact (with the enemy) until almost the time I was released 67 months later.”

The daily abuse prompted Colonel Day to disregard his multiple injuries and escape from his captors.

“For two weeks, I subsisted on just water and a couple of raw frogs,” he said.

Just a few kilometers from a U.S. Marine Corps base, the colonel was ambushed by enemy troops. He tried to evade but was shot in the leg and recaptured by the communist troops. They returned him to his original prison camp where he endured even more brutal abuse, such as being hung by his feet and having his arms tied tightly behind his back until both elbows touched.

Colonel Day would eventually be sent to the infamous “Hanoi Hilton” prison camp in North Vietnam where he remained until his release in March 1973.

The colonel, now a lawyer, reflected on the past and is hopeful for the future.

“It’s enormously important that this operation (in Iraq) succeeds,” Colonel Day said. “There’s going to be a new sun that rises in the Middle East ... I have great hopes.

“I thank you for what you do,” he said to the military members in the audience.

Some in the audience were also grateful for Colonel Day’s visit.

“He’s one of the most admirable men I’ve ever met,” said 1st Lt. Edward Reynado, 52nd Services Squadron deputy of services operations. “I felt honored to be sitting in the same room with him.”

# A very thankful Thanksgiving

By Gen. Robert H. “Doc” Foglesong  
Commander, U.S. Air Forces in Europe

As we approach the Thanksgiving holiday, I can’t help but think how truly blessed we are. As we prepare to gather with friends and family this Thanksgiving Day, let me share with you the top four things I’m thankful for.

I’m thankful to be a citizen of our great nation. We have a great tradition of liberty and inclusiveness -- the diverse contributions of all Americans have been the bedrock of our strength and resolve.

I’m thankful to be a member of our Armed Forces serving our country and defending our freedom. The brotherhood of

arms is a noble profession, and the defense of our great liberties at home and the growth of these liberties abroad in locations such as Afghanistan and Iraq makes our service a vital and worthy cause.

I’m also thankful for these current times of challenge and change. Living in this dynamic period of time is like no other. The stress of our daily efforts is undeniable, but rest assured that your efforts are making this world a better place.

I’m especially thankful to serve with such an awesome team of warriors as the men and women of USAFE. You bring your courage, dedication and commitment to the fight each and every day no matter where you’re stationed. You are what make us the most respected and feared air and space force in the world!

Wherever you are this Thanksgiving holiday, take a few moments to reflect on how thankful you are -- together we have much to look forward to and much to celebrate.



# USAFE, Air Force programs create more structure, less stress

Chief Master Sgt. Gary Coleman  
USAFE Command Chief Master Sergeant

**RAMSTEIN AIR BASE, Germany (USAFENS)** -- Force shaping, doing more with less, increased deployments -- For many people in today's Air Force these words bring about feelings of stress and anxiety. But really, if you think about it, we are less stressed as a force than we have been in quite some time.

On an Air Force level, the creation of the Air Expeditionary Force provides us with a more predictable and stable work environment. Our support of Operations Iraqi and Enduring Freedom, combined with the various humanitarian missions we routinely perform, means our operations tempo has increased. However, the AEF rotational structure provides a way for us to know our deployment eligibility period. We can better plan, both at home and at work, for these changes. And planning is a key element in reducing stress.

The changes in the Air Force fitness standard may have been a painful transition for some of us, but it has also made us stronger. The standard ensures that we're a more fit expeditionary force. And, as we all know, being physically fit helps to reduce stress in our lives.

Closer to home, the Combat and Special Interest Programs instituted within U.S. Air Forces in Europe play a vital role in ensuring we are ready to fight and postured to respond anywhere in the world. But, they do more than that; they are programs to help us grow -- spiritually, mentally, physically and emotionally. These same four dimensions of wellness -- our physical, emotional, social and spiritual anchors -- enhance our resilience and prepare us to weather the storms and stressors of work and our lives in general.

Programs like Project CHEER, which creates an environment of enthusiasm for our single and unaccompanied Airmen

## Special from USAFE



when they arguably need it most, offers them the opportunity to be involved in high-energy events throughout the year. This program is particularly valuable in the winter months when being separated from family can be stressful.

Another program, Combat Intro/Exit is designed to streamline and ease the process of base in- and out-processing. Through this program, as many as 15 inprocessing stops were eliminated at some bases; eliminating any additional stress factors that go along with the process. Stress is further relieved through the Virtual Inprocessing system by increasing the number of pre-arrival actions members can take and by providing more information earlier to inbound members.

And through Combat Care we've focused on easing the stress of our spouses and family members. This program is designed to improve the care, attention and information flow spouses and families receive while we're deployed. It's also designed to support military members who deploy here within our area of operations.

There's no doubt that our increased operations tempo has the potential to increase our stress levels. But, it's important to take a step back and look at the big picture. Whether talking about the Air Force or within USAFE, there's a myriad of programs in place to make our lives easier and more structured. And more structure means less stress.

USAFE's newest Combat Program, Combat Wingman, capitalizes on looking out for one another through the employment of a sacred contract that promotes a genuine concern for our fellow Airmen and their wellness. I ask that you embrace this program and incorporate it into your day-to-day life. But, also examine yourself and your life internally. Don't let the buzz word of the day guide your stress levels. We may be busier mentally, but we've also created a more structured and less stressed Air Force environment.

# Major crashes include one DUI

By David Barker  
52nd Security Forces Squadron

Two Team Eifel members were cited for driving-under-the-influence this week. There were 19 crashes and accidents; five of them were classified as major, and one was the result of a DUI.

A family member in Beilingen received the first DUI. A 52nd Equipment Maintenance Squadron staff sergeant's spouse was pulled over for crossing the line repeatedly. The driver emitted a strong odor of alcohol, and she blew a .138 on a breathalyzer test. She was transported to the Bitburg Krakenhaus for a blood test.

The second DUI was the cause of a major crash. The incident occurred at the intersection of L-5 and K-14. Drinking and speeding were primary factors in the crash, which included injuries. The driver was transported to the Bitburg Krakenhaus for treatment and a blood test.

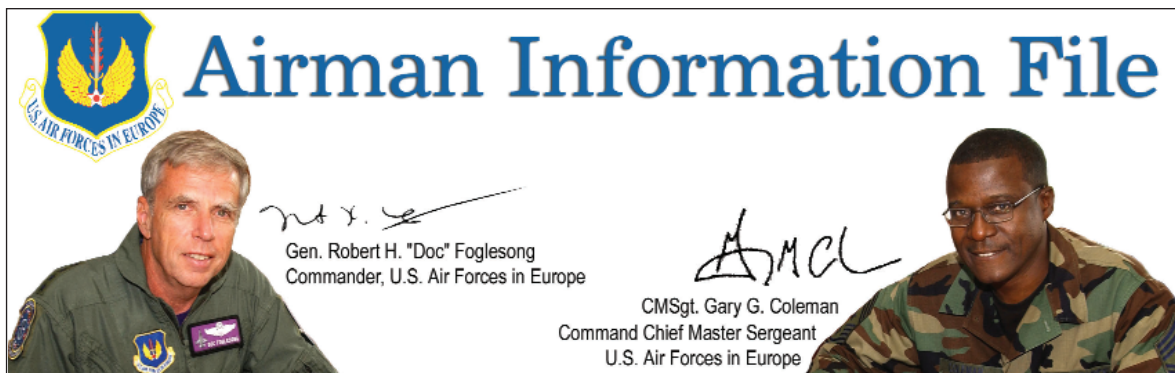
The second major crash was at A-60, near the Spangdahlem exit. A driver traveled too fast for conditions on an icy road and crashed into a guard rail.

The third major crash occurred on A-60 after the Spangdahlem exit. Driving too fast for conditions on icy roads caused this crash.

The fourth major crash happened on B-51 at the Speicher turn off when a driver rolled his car over. There were no injuries, but speeding on icy roads caused the crash.

Team Eifel's last major crash was at the Shell station in Herforst at the intersection of L-46 and L-39. This driver was speeding too fast for icy road conditions. She also failed to have a driver's license in her possession.

There were fourteen minor crashes and accidents: six were from driving too fast for conditions, two were for improper backing, four were from inattentive driving, one was from wildlife and one other was at-fault.



## November 2004 CSIP -- You're Making a Difference!

We arrived in USAFE 15 months ago and instituted Combat and Special Interest Programs within the command to help translate our vision, mission and goals into concrete results. We're proud of your accomplishments and mission success in implementing and sustaining our 15 Combat and Special Interest Programs.

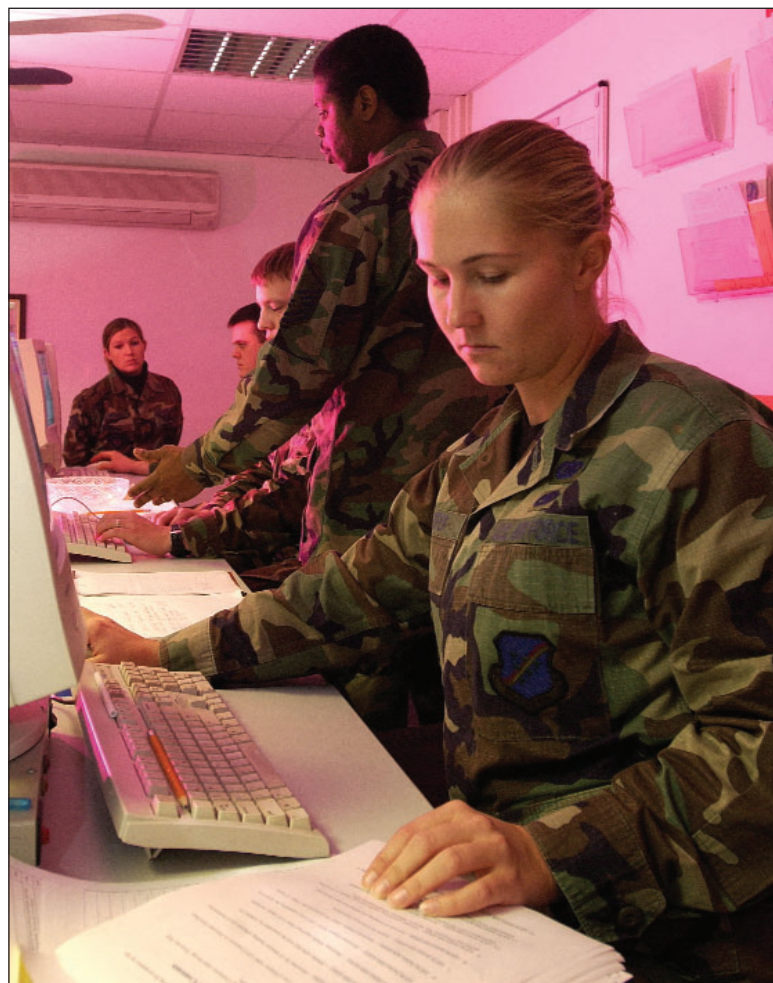
Your efforts have made significant, tangible impacts for our Airmen across the command. Overall, we realized a 26% improvement across the 80 performance indicators we measure throughout USAFE. This percentage is more than a number -- it means we're better prepared, improving our processes and taking care of our people.

Let's highlight your accomplishments in a few of the individual programs. Our Combat Flightline program improved fleet fix rate by 20%. Combat Education increased the available number of classes and raised college enrollments by 11%. Combat Intro/Exit cut member processing stops by 75% in less than a year. Combat Fitness prepared us for our combat culture and boosted our fitness test scores by 18%. The Hidden Heroes program increased our volunteer opportunities by 32% and the number of volunteers by 46%. Customer College trained nearly 2,800 service

providers to better meet the needs of our customers. Project Wizard energized our libraries with additional funding, elevated library visits by 23% and increased computer usage by 70%. These results showcase the labors of your hard work and reflect your commitment to excellence at every level.

We also want to spotlight Combat Wingman, our newest Combat and Special Interest Program. Combat Wingman emphasizes the time-honored commitment we ask all Airmen -- military and civilian -- to make: to be the guardian of each other's welfare. It reinforces what it means to be part of the Air Force family, specifically linking each of us with a Wingman that checks our six, on and off duty. This is not a single focus program to address one or two problem areas -- its focus is on all dimensions of our lives. It sustains Airmen during both steady-state and expeditionary operations no matter where we're stationed. As Combat Wingman takes off at your local base, remember that it's all about taking care of your fellow Airmen.

Your commitment and dedication to our Combat and Special Interest Programs has increased our readiness, improved mission effectiveness, strengthened our services and enhanced our quality of life. Keep the momentum rolling as we lead the way for the most respected, all-purpose expeditionary air and space force in the world!



Tech. Sgt. Andrew Rodier

## Good to go

Staff Sgt. Kelly Keefer, 52nd Logistics Readiness Squadron deployment training NCOIC, reviews a logistics document that ensures 52nd Fighter Wing-deployable troops and equipment process on time during the Phase 1 exercise held here Nov. 15-18. The purpose of the exercise is to prepare the wing to deploy. The exercise also aims to streamline mobility processes and identify limitations.





Staff Sgt. Robert Tenny

## Top Saber Performer

**Name:** Staff Sgt. Richard Palmer  
**Unit:** 52nd Maintenance Operations Squadron Maintenance Operations Center  
**Duty title:** Senior Weapons System Coordinator  
**Hometown:** Traverse City, Mich.  
**Years in service:** Five  
**Nominee's contributions to 52nd Fighter Wing success:** Sergeant Palmer is a shift supervisor in the MOC, a position normally held by a technical sergeant. His quick action has facilitated rescue and recovery efforts during ground and in-flight emergencies. He also coordinates maintenance and supply issues

between various squadrons.

**Off-duty volunteerism and professional development pursuits:** Sergeant Palmer supports numerous squadron booster club events and the Airmen Against Drunk Driving program. He is enrolled at the University of Maryland University College and is pursuing his Community College of the Air Force degree.

**What do you do for fun?** My wife and I enjoy game nights with coworkers and friends. We also hit all the local fests.

**What do you like most about being stationed here?** I like the spectacular scenery in the area and the small-town atmosphere.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I'd like to see base support organizations provide more customer service hours to fulfill the needs of shift workers.

## Wing salutes quarterly winners

### Staff reports

The 52nd Fighter Wing recognizes the following individuals for their outstanding achievements during the third quarter in 2004.

**Airman:** Senior Airman Olivia Watkins, 52nd Civil Engineer Squadron

**NCO:** Staff Sgt. Victoria Collins, 52nd Comptroller Squadron



**Senior NCO:** Master Sgt. Robert Hughes, 52nd Logistics Readiness Squadron

**Company grade officer:** Capt. Nathan Foster, 52nd Security Forces Squadron

### Saber connect



Airman 1st Class Heather Frady

Airman 1st Class Carl Yonkers, 52nd Civil Engineer Squadron firefighter, explains the ventilation process on his self-contained breathing apparatus to Col. Dave Goldfein, 52nd Fighter Wing commander, as part of the *Commander's Mentorship Program* here recently. A Palmdale, Calif., native with almost two years of Air Force service under his belt, Airman Yonkers cited his response to a rapidly-spreading land fire near an air traffic control tower as a noteworthy accomplishment. He also served in support of Operation Iraqi Freedom last spring, and is working toward a Community College of the Air Force degree in fire science.

## Eifel Salutes

### 52nd Mission Support Group

Testing 1, 2, "three-day pass" for Airman 1st Class Michael Slotten, who scored a 92 percent on his career development course exam, earning himself and his supervisor, Tech. Sgt. Matthew Sigstad, some well-deserved time off. Roaring off from pole position is Tech. Sgt. David Walpole, who revved up his efforts, fixing the *Eifel Times* computer memory and hard drive problems. Airman 1st Class Heather Frady wasn't afraid to strut her stuff and immediately put together a stellar collage of images of three dignitaries who recently visited. Airman Frady represented the 52nd Communications Squadron and the wing in top Saber style.

### 52nd Maintenance Group

It was "easy money" for Master Sgt. Vincent Carter and Tina Carter. The dynamic duo tag-teamed the end-of-year closeout for the 52nd MXG and the Cost Per Flying Hour programs, respectively. Sergeant Carter processed \$418,000 in contracts, and Mrs. Carter executed a \$75 million budget while managing 28 cardholders to ensure combat flightline readiness. We prefer Blondeaux, Tech. Sgt. Charles Blondeaux that is, for masterfully repairing multiple liquid nitrogen servicing carts, bolstering the wing's liquid nitrogen cart ready line rate from 50 to 100 percent in just one day. Master Sgt. Bennie Lowe gets a standing ovation for orchestrating 136 certifications on pilot ejection seats and canopies, guaranteeing flawless ejection systems for about 60 wing jets.



### 38th Munitions Maintenance Group

"Grazie" to Staff Sgts. Brandy Wood, Eric Campbell and Andrew Bessette and Senior Airman Glenn Coleman for the excellent performance and professionalism

that earned them the 38th MMG Munitions Maintenance Squadron Outstanding Performer award during an assistance visit at Ghedi Air Base, Italy. A deep breath and a salute to Staff Sgt. Patrick Korthuis, a medical technician at the 701st Munitions Support Squadron who takes care of about 135 active duty members' needs, instructs CPR and self-aid and buddy care classes and is the ground safety representative. Maj. David Carr is the chaplain who provides divine support to three geographically-separated units. He spearheaded a blood drive at Volkel Air Base, Netherlands, and assisted in blood supplies preparation for those in need.

### 52nd Medical Group

Hats off (site) to Cindy Davis and Maj. Heidi Kjos for their organization and planning of the 52nd Aerospace Medicine Squadron's strategic planning off-site. The health and wellness center staff proved to be good "wingmen" during Wingman Day activities. If those walls could talk -- they'd say "thanks" to Felicia Kruse, Peggy Clark and Jackie Prelou-Holland, for beautifully redecorating the life skills patient waiting area.

*Kudos to all; Team Eifel salutes you!*  
 (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Staff Sgt. Robert Tenny

## Top Saber Team

**Unit name:** 52nd Maintenance Operations Squadron Maintenance Operations Center

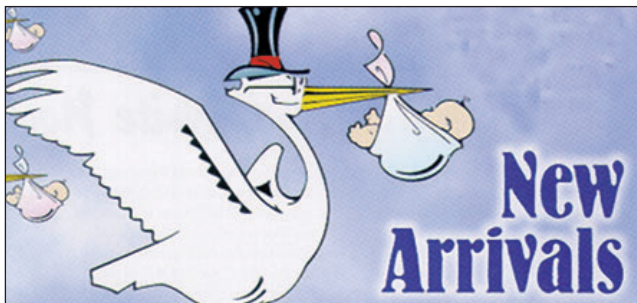
**Unit responsibilities:** The team members advise and promote cooperative efforts on fleet health and sortie generation issues for the maintenance group. They also ensure aircraft mission capability and ensure accountability for more than 22,000 aircraft flying hours annually. The MOC manages command and control functions for aircraft maintenance issues and serves as liaison for the wing commander during battle staff functions.

**Number of members:** 11

**How does the team fit into the 52nd Fighter Wing's mission?** The MOC coordinates the maintenance efforts of more than 1,700 personnel in all aspects of aircraft maintenance including wash rack, paint rack, fuel barn, load barn, phase and hush houses. The MOC tracks every aspect of flight operations from the first jet becoming "crew ready" to the last jet's pilot going through the debrief section. The MOC also tracks deviations to the flying schedule. The MOC has an even more vital wartime mission -- coordinating and tracking the entire aircraft generation process, keeping wing leadership informed on its progress. The MOC also plays a big part in other crisis situations, such as major accidents or world events that affect national security. The MOC ensures the wing commander has up-to-date and accurate aircraft status.

**Team's other contributions throughout the year:** The section deployed controllers to Operation Iraqi Freedom and currently has deployed members supporting Operation Enduring Freedom. Among many other accomplishments, the MOC coordinated flight operations using the alternate runway for six months during runway repairs.





**Rebekah Lynne Bader** was born at 12:45 p.m. Sept. 7 to Staff Sgt. James and Christie Bader. She weighed 6 pounds, 11 ounces and was 19.5 inches long. Sergeant Bader is assigned to the 702nd Munitions Support Squadron, Buechel Air Force Base, Germany.

**Samuel Ephrom Alford** was born at 8 p.m. Sept. 15 to Capt. Scott and Stacy Alford. He weighed 9 pounds, 2 ounces and was 22.5 inches long. Captain Alford is assigned to the 52nd Operations Support Squadron.

**Colton-Lee Gifford Ploetz** was born at 6:07 p.m. Sept. 23 to Capt. Charles and Chris Ploetz. He weighed 6 pounds, 12 ounces and was 19 inches long. Captain Ploetz is assigned to the 372nd Training Squadron.

**Jasleen Kaur Mann** was born at 8:23 a.m. Sept. 29 to Capt. Shamsher and Suzanne Mann. She weighed 7 pounds, 10.5 ounces and was 21 inches long. Captain Mann is assigned to the 23rd Fighter Squadron.

**Noah Ray Westfall** was born at 7:05 p.m. Sept. 30 to Senior Airman Kyle and Miranda Westfall. He weighed 7 pounds, 7 ounces and was 20.5 inches long. Airman Westfall is assigned to the 52nd Equipment Maintenance Squadron.

**Mackenzie Elle Roach** was born at 6:36 a.m. Oct. 1 to Staff Sgt. Toby and Rochelle Roach. She weighed 9 pounds, 2 ounces and was 21.5 inches long. Sergeant Roach is assigned to the 52nd EMS.

**Alexandrea Scarlett Kennedy** was born at 4:15 p.m. Oct. 3 to Senior Airman Kimberly and Army Spc. Byron Kennedy. She weighed 6 pounds, 4 ounces and was

19.5 inches long. Airman Kennedy is assigned to the 52nd Logistics Readiness Squadron and Specialist Kennedy is assigned to the 16th Infantry in Baumholder, Germany.

**Koda Adrian William Vrieze** was born at 5:24 p.m. Oct. 3 to Staff Sgt. Cory and Tracy Vrieze. He weighed 6 pounds, 11.8 ounces and was 20.5 inches long. Sergeant Vrieze is assigned to the 52nd LRS.

**Benjamin Allen Hair** was born at 8:36 p.m. Oct. 3 to Staff Sgt. Chris and Sarah Hair. He weighed 8 pounds, 11 ounces and was 21 inches long. Sergeant Hair is assigned to the 52nd LRS.

**Genevieve Elizabeth Ruiz** was born at 11:59 p.m. Oct. 4 to Senior Airman Marcus and Airman 1st Class Elizabeth Ruiz. She weighed 8 pounds, 8 ounces and was 21 inches long. Airmen Marcus and Elizabeth Ruiz are both assigned to the 52nd EMS.

**Adriel Luis Santiago-Guzman** was born at 6:46 p.m. Oct. 5 to Senior Airman Luigie and Ailenid Santiago Martinez. He weighed 6 pounds, 15 ounces and was 19.75 inches long. Airman Santiago Martinez is assigned to the 81st FS.

**Tessa Sage Blackburn** was born at 3:37 p.m. Oct. 5 to Senior Airman Brandon and Miranda Blackburn. She weighed 7 pounds, 1 ounce and was 19 inches long. Airman Blackburn is assigned to the 52nd Component Maintenance Squadron.

**Alexis Mae Chaffee** was born at 2:18 p.m. Oct. 5 to Airman 1st Class Kandice Chaffee and Kristopher Brannon. She weighed 5 pounds, 11 ounces and was 18.5 inches long. Airman Chaffee is assigned to the 52nd Civil Engineer Squadron.

**Kira Emma Kang** was born at 1:57 p.m. Oct. 6 to Capt. Don and Cristina Kang. She weighed 7 pounds and was 21.25 inches long. Captain Kang is assigned to the 22nd FS.

**Eric Briant Hansen** was born at 1:12 a.m. Oct. 7 to Lt. Col. Darren and Erin Hansen. He weighed 6 pounds, 11 ounces and was 20 inches long. Colonel Hansen is assigned to the 81st FS.

**Andrew Robert Gomez** was born at 6:10 p.m. Oct. 10 to

Staff Sergeant Kip and Jennifer Gomez. He weighed 7 pounds, 1 ounce and was 19.5 inches long. Sergeant Gomez is assigned to the 52nd Mission Support Squadron.

**Jenna Marie Cavanaugh** was born at 5:26 a.m. Oct. 11 to Senior Master Sgt. Kenneth and Janice Cavanaugh. She weighed 6 pounds, 9.75 ounces and was 19.25 inches long. Sergeant Cavanaugh is assigned to the 52nd Medical Support Squadron.

**Savannah Noel Peck** was born at 12:29 p.m. Oct. 16 to Master Sgt. Marc and Tanya Peck. She weighed 4 pounds, 13 ounces and was 19.6 inches long. Sergeant Peck is assigned to the 52nd EMS.

**Quincy Stephon Dorvil** was born at 1:30 p.m. Oct. 18 to Senior Airman Thony and Sandra Dorvil. He weighed 8 pounds, 3 ounces and was 10.5 inches long. Airman Dorvil is assigned to the 52nd OSS.

**Aidan Riley Chapman** was born at 7:08 a.m. Oct. 19 to Staff Sgt. Tamara and Senior Airman Brandon Chapman. He weighed 6 pounds, 1 ounce and was 18 inches long. Sergeant Tamara and Airman Chapman are both assigned to the 52nd EMS.

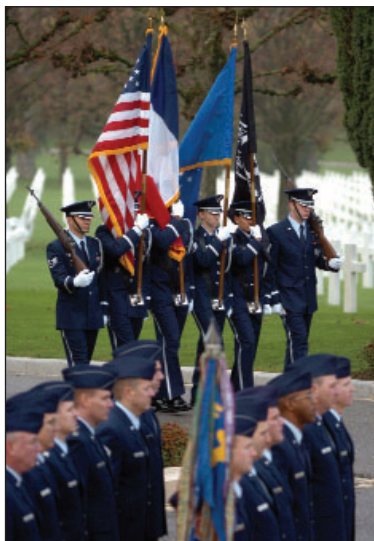
**Bryce Martin Sasse** was born at 10:22 p.m. Oct. 22 to Staff Sgt. Rocky and Amy Sasse. He weighed 8 pounds, 12 ounces and was 20.25 inches long. Sergeant Rocky Sasse is assigned to the 52nd LRS.

**William Mitchell Millard** was born at 7:58 a.m. Oct. 26 to Maj. John and Jamie Millard. He weighed 7 pounds, 11 ounces and was 20.75 inches long. Major Millard is assigned to the 470th Air Base Squadron, Kalkar, Germany.

**Taydin Bruce Scheer** was born at 5:19 p.m. Oct. 28 to Senior Airman Erik and Stephanie Scheer. He weighed 8 pounds, 9 ounces and was 21.5 inches long. Airman Scheer is assigned to the 606th Air Control Squadron.

**Olivia Lynn Bewley** was born at 12:11 p.m. Oct. 31 to Airman 1st Class Ryan and Ashley Bewley. She weighed 6 pounds, 7 ounces and was 19.5 inches long. Airman Bewley is assigned to the 52nd EMS.

## In remembrance



(Left) The 52nd Fighter Wing Honor Guard presents the colors at the World War I Meuse-Argonne American Cemetery and Memorial for a Veteran's Day ceremony Nov. 11. The Air Force performed this ceremony for the first time at the largest American cemetery in Europe. (Top) Gold stars mark the graves of World War I medal of honor recipients. This is the grave of Corp. Freddie Stowers, 371st Infantry, 93rd Division.



Photos by 2nd Lt. Shannon Collins

2nd Lt. Paul Brighton, 52nd Equipment Maintenance Squadron armament flight commander, looks at more than 14,000 names of fallen Airmen who are buried at the cemetery.

## Patriot cheerleaders will roll in to Spangdahlem AB

### Staff Reports

New England Patriots cheerleaders bring holiday cheer to Spangdahlem Air Base Sabers Dec. 11 at 7 p.m. for Operation Season's Greetings in the Spangdahlem Air Base fitness center.

This rock-and-roll tour at seven U.S. Air Forces in Europe bases features four of the Patriots cheerleaders, the platinum-selling artists Blues Traveler and musicians from the USAFE Band and the Band of the Air Force Reserve.

"We hope to remind the troops of home," said Tracy Sormanti, coach of the Patriots Cheerleading squad. "From foot-ball talk to high energy performances with great music and crowd interaction, there's no better way to show our support to the servicemen and women for their efforts and sacrifices than to tell them in person."

The performers said they are proud to be able to share their talents for a cause so important to them.

"I volunteered to visit the troops because I welcome the opportunity to give something back to the men and women



Courtesy photo

**Patriot cheerleaders perform during a show.**

who devote their lives to protect our country," said Amber van Eeghen, a cheerleader from Cranston, R.I. "I am looking forward to meeting them, seeing where they work and learning

about their responsibilities and experiences."

Operation Season's Greetings performers will visit Lajes Field, Azores; Incirlik Air Base, Turkey; Ramstein AB and Spangdahlem AB; Royal Air Force Menwith Hill and RAF Mildenhall, England; and Keflavik, Iceland.

"The Operation Season's Greetings tour is exactly what the chief of staff of the Air Force prioritizes for Air Force bands," said Mr. Dave Ballengee, deputy director of the Band of the Air Force Reserve, Robins AFB. "We're going to forward and deployed locations for the morale of the troops and their families."

The U.S. Air Forces in Europe and Reserve bands will perform as the opening act for the show -- playing well-known rock-and-roll, rap and contemporary favorites. The combined band serves as a good reminder of how Air Force reservists partner with the active duty and Air National Guard to create the Total Force.



Col. Dave Goldfein.....Commander  
Capt. Thomas Crosson.....Public affairs chief  
1st Lt. Gerardo Gonzalez.....PA deputy  
Master Sgt. Sean E. Cobb.....PA superintendent  
2nd Lt. Shannon Collins.....Internal chief  
Senior Airman Amaani Lyle.....Editor  
Airman 1st Class Eydie Sakura.....Staff writer  
Iris Reiff.....Leisure writer

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patron.

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#### Accessing Direct Line

The Direct Line program is a  
way to get answers to questions  
you still have after using your  
chain of command.

Direct Lines of general interest  
will be published in the *Eifel  
Times* and may be edited or  
paraphrased for brevity or clarity.  
Submit your Direct Line via:

■ DirectLine@spangdahlem.  
af.mil

■ Mailed to 52nd FW/PA,  
Unit 3680 Box 220, APO AE  
09126

■ To PA in building 23.

■ Concerns may also be sent  
via fax to 452-5254.

Anonymous inputs are  
accepted. To receive a personal  
response you must include your  
name and phone number. Call the  
Eifel Times at 452-5244 for more  
information.



Col. Dave Goldfein

## November Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	339	79	-103
23FS	284	86	-67
81FS	410	199	-7

\*Delta is contract vs. sorties flown to date.

Through Nov. 15

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

Nov. 19, 2004

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## Coping skills

# Lieutenant shares father's suicide, encourages AF people to seek help

By 2nd Lt. Shannon Collins  
52nd Fighter Wing Public Affairs

Self-inflicted gunshot wound.

As I hear songs like "Butterfly Kisses" and "Daddy's Hands," as I watch a movie like "Father of the Bride," that phrase, "self-inflicted gunshot wound," echoes in my mind.

I will never have that special relationship between a father and a daughter. I won't have anyone to walk me down the aisle or to celebrate Father's Day with. And it isn't because of a tragic automobile accident or a physical disease. It's because of suicide.

Suicide ranks third as a cause of death among young Americans age 15-24, behind accidents and homicides, said the American Association of Suicidology. It is the 11th leading cause of death overall. In fiscal year 2004, the Air Force had 57 suicides. Fifty percent of those cases involved Airmen between the ages of 17 and 24. My father was 30 -- the age I am now.

His death certificate reads "massive laceration of brain" and "shotgun wound of the face." He shot himself Dec. 12, 1979, and lived until Dec. 29, 1979. He was buried New Year's Eve. Not only did he pun-

**" I won't have anyone to walk me down the aisle or to celebrate Father's Day with. And it isn't because of a tragic automobile accident or a physical disease. It's because of suicide. "**

ish his family members with his loss but with the sight of him bloody and broken in the hospital for 17 days.

Capt. Ruth Roa-Navarette from the Spangdahlem Air Base life skills clinic cited that, though most Air Force suicides occurred between July and September, people should be extra mindful to reach out to those who may be at risk or alone during the holiday season.

The death certificate also reads "acute ethanolism," which means he was very intoxicated at the time. The National Council on Alcoholism and Drug Dependence states that "alcoholism is a primary, chronic disease with genetic, psychosocial and environmental factors influencing its development and

manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial."

In 2004, alcohol abuse accounted for about 19 percent of suicides across the Air Force.

The jury is out on why my father did what he did. We will always wonder. I will have to live with what he did for the rest of my life. No matter how overwhelming a situation can be -- whether it is financial difficulties, receiving punishment in the military or personal life twists and turns, anyone who considers suicide as the only way out should think of his or her parents, of the family and friends who may be far away but who care for them. Chaplains, life skills representatives, co-workers and supervisors are there to listen.

For more suicide statistics, visit the AAS at [www.suicidology.org](http://www.suicidology.org). For more information or to join a support group for survivors of suicide, visit [www.survivorsofsuicide.com](http://www.survivorsofsuicide.com). For immediate help, call a base chaplain at 452-6711 or life skills at 452-8285.

## Commander offers Thanksgiving message, reflections to wing Sabers

By Col. Dave Goldfein  
52nd Fighter Wing commander

As we approach Thanksgiving 2004, it is time for all of us to reflect on what we are thankful for as not only individuals, but also as members of the Saber team.

We have a tradition in my house during the Thanksgiving meal where everyone takes a moment to share what they are thankful for before carving the turkey.

In that vein, let me share with you some thoughts on what I am most thankful for this season as your commander.

■ I am thankful for the blessings God has given me -- health, my best friend as my spouse, great children, and the opportunity to do His will as your commander.

■ I am thankful for the opportunity command always offers to change lives for the better.

■ I am thankful for the opportunity we are being given as Sabers to contribute to changing the world -- free people voting in Afghanistan and Iraq -- who would ever have thought ...

■ I am thankful for the opportunity to work every day with the greatest treasure in our Nation's arsenal -- our Airmen.

■ I am thankful for the dedication and friendship of our German hosts who do so much to make our stay here the memory of a lifetime.

■ I am thankful for the courage of our families who endure the hardships, the separations and the long hours associated with our military service.

My list grows every year. To every Saber -- thank you for your service, your selflessness, your patriotism. Happy Thanksgiving!



## Give more than thanks this holiday season!



Support the  
Combined Federal Campaign  
4 October to 3 December  
Make a World of Difference



## Air Force leaders send Veteran's Day message to Airmen

WASHINGTON (AFP) -- *The following is a Veterans Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:*

"Each year, America honors its veterans for the sacrifices and hard-fought successes of so many of its citizens -- those who have worn the uniform as Soldiers, Sailors, Airmen, Coast Guardsmen and Marines.

"The original Armistice Day recognized the cease-fire signed by Germany and the Allied powers Nov. 11, 1918. This concluded the hostilities of World War I, known as the "War to end all wars." More than two million servicemembers of the American Expeditionary Force fought bravely on and over the battlefields of Europe.

"Today, our expeditionary Air Force continues the fight in defense of freedom around the world against a resilient enemy who opposes our way of life.

"Since those challenging days at the dawn of the 20th Century to the awakening hours of the 21st Century, we have witnessed major wars and countless conflicts. One constant has remained: the commitment of those who served and continue to serve our nation in forever challenging times -- our veterans. We honor their memory for what they have done to keep America and the world safe.

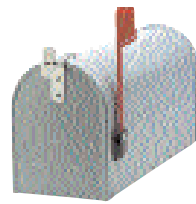
"To our Airmen who continue the fight against those who have made America their target, we salute you. We thank you and your families for your constant vigil and your continuing sacrifices. May God bless you and the United States of America."





## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



### Bingo night

The Bitburg Elementary School holds bingo night today from 5:30-7:30 p.m. Volunteers are needed. For details, call Maria Correa at 06561-604620.

### Turkey Fest Family Day

Bring the family to the Brick House for the free Combat Cheer Turkey Fest Family Day Saturday from noon to 3 p.m. For more information, call Kim McElfresh at 452-7381.

### Angel Tree program

Bring holiday cheer and joy to referred Team Eifel children with the the Air Force Sergeants Association's Angel Tree program, which kicks off Wednesday. Six angel trees located at Spangdahlem AB and Bitburg Annex base exchanges, BXtras and chapels, will be decorated with paper ornaments listing a child's gender, age and requested donation. Each ornament represents a child for whom people can purchase a gift to drop in the provided donation boxes. The gifts will be distributed by squadron first sergeants Dec. 20. For details, call Master Sgts. Robert Hughes at 452-4457 or Thomas Wilson at 452-6303.

### BES recess

The Bitburg Elementary School will be closed Nov. 25 and 26 in observance of the Thanksgiving holiday. For details, call Mary Marchand at 452-9215.

### Car show

The Spangdahlem AB BXtra holds its car, truck and sport utility vehicle super-show Nov. 27 from noon to 4 p.m. People can enter their vehicles in the competition for the chance to win prizes in three categories. For more information, call the BXtra at 452-6853.

### LRS spouses group

The 52nd Logistics Readiness Squadron holiday dinner and party takes place Nov. 30 at 6:30 p.m. in Hemmingway's restaurant in Dudeldorf. For details, call Linda Neice at 06562-965966 or Lindsay Hernandez at 06565-901463.

### Holiday meals

The Mosel Hall dining Facility offers Thanksgiving and Christmas meals, from 11 a.m. to 5 p.m. Make reservations by e-mail at 52svs.svmf@spangdahlem.af.mil or by calling 452-6727. Meals are open to all military, retirees, civilians and families. Call Master Sgt. Cheryl Dugan at 452-6106 for details.

### Thanksgiving buffet

Club Eifel offers a Thanksgiving Day buffet with seatings at 10:30 a.m. and 2 p.m. Nov. 25 in the ballroom. The buffet includes a Tom Turkey with herb stuffing, ham, roast beef and pork, hand-mashed potatoes, butternut squash, candied yams, fresh corn, green beans, salad and more. The buffet also includes an array of assorted cakes and oven-baked pies. The cost for members is \$11.95 for adults and \$6 for children ages six through 12. The cost for non-members is \$14.95 for adults and \$9 for children ages six through 12. Children ages five and under eat free. Reservations are required, and tickets must be paid for and picked up in advance either by visiting the club's cashier window or by calling Club Eifel at 452-6090 and having tickets charged to a credit card.

### CDC part-day program

The Spangdahlem AB Child Development Center is accepting registrations for its part-day enrichment program, which runs each Tuesday, Wednesday and Thursday from 8:30 to 11:30 a.m. The cost is based on total family income. Registration takes place at building 440. For details, call the CDC at 452-6697 or 06565-61-6697.

### Civil Air Patrol

Teenagers in search of unique activities such as flying, camping, rock climbing and volunteer service can visit the Spangdahlem AB Cadet Squadron each Thursday at 6 p.m. in Bitburg Annex building 2012. For more information, call 452-9120 or visit <http://spangdahlem.overseas.cap.gov>.

### Heartlink

The 52nd Fighter Wing invites all spouses new to the military family to attend the U.S. Air Forces in Europe

spouse's orientation Dec. 1 from 8:45 a.m. to 2 p.m. at the family support center. For details, call 452-6422 or the health and wellness center at 452-9355.

### Book club

Wing members can bring lunch and participate in a discussion as part of the Brown Bag book club, which meets Dec. 9 in building 307 from 11:30 a.m. to 1 p.m. December's book is "Relationship Rescue," by Dr. Phil McGraw. Books can be ordered online. Call Lynn Luria at 452-6422 to sign up.

### Lodging shuttle

The Eifel Arms Inn offers service to and from Frankfurt International Airport for \$50 one way or \$100 round-trip, for three people or less, including two pieces of luggage per person with luggage size restrictions. The shuttle can also accommodate pets in a carrier for \$20 per pet. The shuttle provides service to several other airports in the area. Space is limited, and reservations must be made at least 72 hours in advance by calling 452-5159. For more information, call Alice Fields at 452-5109.

### DoDEA customer survey

The Department of Defense Education Activity launched its customer satisfaction survey. The survey is open to all fourth through 12th grade DoDEA students, parents and teachers. It is completely anonymous and can be completed by visiting the DoDEA Web site at [www.DoDEA.edu](http://www.DoDEA.edu) and clicking on the customer satisfaction survey link. The survey remains on-line until Feb. 28.

### Dance class registration

Don't let this opportunity dance away. Space is now available for child and adult dance classes -- including Latin, parent and me ballet, tap, creative movement, jazz and hip hop. For more information, call Sally Fuller at 452-7545.

### Massage therapy

Gary Nicks offers massage therapy at the Eifel Arms Inn. Appointments are being taken now. For more information, call Mr. Nicks at 01715-163-5758.

## Chapel Services

### Spangdahlem AB Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

### Protestant

- ♦ Sunday, 9:30 a.m. and 4 p.m., preschool through sixth grade (building 139); 10:30 a.m., traditional service; 1 p.m., Korean; 5 p.m., Sunday Night Live service

### Bitburg Annex Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

### Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service. For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



## Club Eifel Happenings

The following events take place in Club Eifel. Call 452-6090 for more information.

### Too bad ...

**Staff Sgt. Joell Encalada** missed out on \$125, and **Kyle Gibson** missed out on \$575 at the weekly Club Eifel drawing. Members must be present to win cash prizes. If club members are not present and their name is called, the cash carries over to the following week, and the pot keeps growing. Names are announced in the ballroom, Stripes lounge and Expeditionary Cockpit Lounge.

### Today

❑ **Stripes lounge:** Club members enjoy a free burger burn from 5-7 p.m. A DJ plays hip hop music from 9-11 p.m.

**ECL:** Commander's social begins at 5 p.m. **Monday**

❑ "Melvin's Mega Mondays" features the "Tower of Power," 100 ounces of beer, for \$10.95. All beer towers are \$2 off.

❑ Enjoy the "All-U-Can-Eat" spaghetti special featuring steamy pasta with Melvin's handmade meatballs and garlic bread. The cost is \$2.95 for members and \$4.95 for non-members.

### Tuesday

❑ T'n'T Tuesdays runs from 5-7 p.m. and features tacos and tequila specials. The cost is \$1.95 for members and \$3.95 for non-members.

### Wednesday

❑ Ladies Night goes from 8-11 p.m. and features a DJ spinning the latest tunes. Beverages of choice are half price. Enjoy \$1 margaritas, 25-cent wacky wings and \$2 cheese quesadillas.

**Remember: M&M's Garage is now open evenings, from 5-9 p.m., each Wednesday through Friday.**



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.



Movies

The following movie listings are for today through Dec. 2. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

Spangdahlem Skyline

Today  
*Taxi (PG-13, 7 p.m.)*  
A mouthy and feisty taxicab driver has hot tips for a “green” and inept cop set on solving a string of New York City bank robberies committed by a quartet of female Brazilian bank robbers.

*Paparazzi (PG-13, 10 p.m.)*  
A celebrity decides to make a persistent photographer pay for almost causing a personal tragedy.

Saturday  
*Napoleon Dynamite (PG, 7 p.m.)*  
An alienated teen decides to help his new friend win the class presidency in their small-town high school, while he must deal with his bizarre family life back home.

*Cellular (PG-13, 10 p.m.)*  
A young man receives an emergency phone call on his cell phone from an older woman. The woman claims to have been kidnapped; the kidnappers have targeted her husband and child next.

Sunday  
*Napoleon Dynamite (4 p.m.)*

*Taxi (7 p.m.)*

Monday  
*Cellular (7 p.m.)*

Tuesday  
*Taxi (7 p.m.)*

Closed Wednesday

Thursday  
*Taxi (7 p.m.)*  
*\*Project CHEER and AAFES offers a free movie Thanksgiving Day, along with one serving of free popcorn and soda to all theater patrons on a first-come, first serve basis.*

Nov. 26  
*Friday Night Lights (PG-13, 7 p.m.)*  
This is a movie based on H.G. Bissinger’s book, which profiled the economically depressed town of Odessa, Texas, and their heroic high school football team, the Permian High Panthers.

*Hero (PG-13, 10 p.m.)*  
In ancient times, China was divided into seven kingdoms. Qin, the king of the northern province, is under permanent threat of assassination attempts. His greatest fears are the warriors “Broken Sword,” “Flying Snow” and “Sky.”

Nov. 27  
*Wimbledon (PG-13, 7 p.m.)*  
An aging male tennis star has one last shot, and two weeks, to win the greatest tennis tournament and the heart of an up-and-coming women’s tennis star.

*Hero (10 p.m.)*

Nov. 28  
*Sky Captain and the World of Tomorrow (PG, 4 p.m.)*  
After New York City receives a series of attacks from giant flying robots, a reporter teams up with a pilot in search of their origin, as well as the reason for the disappearances of famous scientists around the world.

*Friday Night Lights (7 p.m.)*

Nov. 29  
*Wimbledon (7 p.m.)*

Nov. 30  
*Friday Night Lights (7 p.m.)*

Closed Dec. 1-2

Bitburg Castle

Today  
*Black Cloud (PG-13, 7 p.m.)*  
This is an inspirational story of a young Navajo, Native American boxer, who overcomes personal challenges as he comes to terms with his heritage, while fighting for a spot on the U.S. Olympic boxing team.

*Anacondas: The Hunt for the Blood Orchid (PG-13, 9:30 p.m.)*  
A scientific expedition sets out for Borneo to seek a flower called the Blood Orchid, which could grant longer life. Meanwhile, they run afoul of snakes and each other.

Saturday  
*Shark Tale (PG, 7 p.m.)*  
The sea underworld is shaken up when the son of the shark mob boss is found dead and a young fish named Oscar is found at the scene. Being a bottom feeder, Oscar takes advantage of the situation and makes himself look like he killed the finned mobster. Oscar soon realizes that his claim may have serious consequences.

*The Cookout (PG-13, 9 p.m.)*  
When Todd Anderson signs a \$30 million deal with his hometown team, the New Jersey Nets, he knows his life is set for a big change. To keep things real, he decides to throw a barbecue at his place -- just like the ones his family used to have. But when you have new and old friends, family, agents and product reps in the same house, things are bound to get crazy.

Sunday  
*Black Cloud (4 p.m.)*

*Vanity Fair (PG-13, 7 p.m.)*  
Growing up poor in London, Becky Sharp defies her poverty-stricken background and ascends the social ladder alongside her best friend, Amelia.

Closed Monday and Tuesday

Wednesday  
*Shark Tale (7 p.m.)*

Thursday  
*Closed*

Nov. 26  
*Napoleon Dynamite (4 p.m.)*

*Taxi (7 p.m.)*

*Paparazzi (9:30 p.m.)*

Nov. 27  
*Napoleon Dynamite (4 p.m.)*

*Cellular (7 p.m.)*

Nov. 28  
*Taxi (7 p.m.)*

Closed Nov. 29-30

Dec. 1  
*Cellular (7 p.m.)*

Dec. 2  
*Paparazzi (7 p.m.)*

Out and About

Christmas markets will spring to life in Germany mid-to late-November until shortly before Christmas. Find the dates and details for the most popular markets in the *Eifel Times* soon.

♦ Attend an extraordinary Christmas exhibition **today** at 5 p.m. at the Trier Pallien Pavillion. Eifel baroque furniture, decorative accessories, ancient and new art objects, Christmas-related handicraft and art are on display. The exhibition is open each Friday, Saturday and Sunday from 2-6 p.m., until **Dec. 19**. For more information, call 06565-2113.

♦ A German Children’s Communion cloth auction takes place **Saturday** from 11 a.m. to 2 p.m. in the Speicher Kindergarten, located on Merscheider Weg.

♦ Enjoy listening to famous musical sounds during “Musical Magic,” **Saturday** at the Bitburg Edith-Stein school. People who have seen the show described it as a very professional, entertaining performance.

♦ The **Bernkastel Christmas Market** runs **Nov. 26** through **Dec. 22**. The market will be open each Monday through Thursday from 11 a.m. to 7 p.m. and each Friday through Sunday from 11 a.m. to 8 p.m. Children’s entertainment takes place daily between 3 and 6 p.m.

♦ The **Dudeldorf Christmas Market** is **Nov. 27-28**.

♦ For the opening of the **Wittlich Christmas Market**, city officials invite Colonel Goldfein to help cut a giant Advent gingerbread man **Nov. 27** at 1 p.m. The gingerbread man is 12 meters long and seven meters wide and is made of 100 kilograms of flour, 40 kilograms of butter, 50 liters of milk, 200 eggs, 25 kilograms of sugar, several kilograms of nuts, almonds and other ingredients. This nearly half-ton Christmas feature is the attraction at this year’s market, and there are hopes to enter it into the Guinness World Record Book. The city of Wittlich invites Team Eifel members to participate in the event. The Wittlich Christmas Market is open from 11 a.m to 7:30 p.m. until **Dec. 19**.

♦ The **Bitburg Christmas Market** kicks off **Dec. 1** and runs through **Dec. 24**. The market is open Wednesday through Friday from 3-8 p.m. and Saturday and Sunday from 11 a.m. to 8 p.m. The market is closed each Monday and Tuesday.

♦ Visit the **Landscheid Christmas Market Dec. 11-12**.

♦ Reserve tickets now for the popular “Christmas Moments” concert and show **Dec. 23** at the Trier Arena. This year’s repertoire ranges from Christmas classics to Gospel music and world famous pop ballads. Songs are in English and German. For more information about Christmas Moments, go to [www.christmas-moments.de](http://www.christmas-moments.de).



ITT Christmas markets

Information, Tickets and Travel offers several opportunities to travel to the local Christmas markets. For details, call ITT at 452-6567.

**Rothenburg Christmas Market**  
Nov. 27, \$50 adults, \$45 children (ages 3-12)

**Frankfurt Christmas Market**  
Dec. 4, \$35 adults, \$30 children (ages 3-12)

**Brugge Christmas Market and ice festival**  
Dec. 4, \$52 adults, \$47 children (ages 3-12)

**Nurnberg Christmas Market**  
Dec. 11, \$55 adults, \$50 children (ages 3-12)

**Heidelberg Christmas Market**  
Dec. 11, \$32 per person

**Strasbourg Christmas Market**  
Dec. 11, \$39 adults, \$34 children (ages 3-12)

**Brussels Christmas Market**  
Dec. 18, \$39 adults, \$34 children (ages 3-12)

**Reims Christmas Market**  
Dec. 18, \$37 adults, \$32 children (ages 3-12)



# FitLinxx key to being combat fit; plays role in upcoming goal days

By Airman 1st Class Eydie Sakura  
52nd Fighter Wing Public Affairs Office

Whether people run on the treadmill for 20 minutes, hike a nearby trail or make several trips up the stairs with an arm full of groceries, it is considered physical activity and can be logged on FitLinxx.

Staying fit to fight and combat ready is a top priority for Spangdahlem Air Base leaders, and the FitLinxx program is a tool available to Eifel Sabers to record their workouts electronically.

In late 2003, Gen. Robert H. "Doc" Fogelsong, U.S. Air Forces in Europe commander, funded and mandated FitLinxx to be in all USAFE fitness centers as a source for Airmen to better prepare to become combat fit.

"FitLinxx is here to stay, and senior leadership wants all Airmen to use it," said Mark Geairn, 52nd Services Squadron director of fitness and sports. "It is really easy to log workouts either online at <http://spangdahlem.fitlinxx.com> or at the fitness center kiosk."

## FitLinxx

Log the workout -- receive points toward incentive gifts.	♦ 30,000 socks/hat
	♦ 50,000 sweatshirt
<b>FitPoints</b>	♦ 75,000 polo shirt
♦ 15,000 t-shirt	♦ 125,000 bag

Not only does the FitLinxx system act as a fitness record, it also gives trainers, physical training leaders and commanders up-to-date PT information on all troops in their squadrons. The system also provides nutritional information and workout techniques.

All Team Eifel Sabers have access to the FitLinxx system and are highly encouraged to use the program, said Mr. Geairn.

"Monitoring physical fitness fulfills many aspects of being part of the armed forces," said Airman 1st Class Mike Fusaro, Detachment 9, American Forces Network broadcast producer. "One of the wing goals is being fit to fight, and this makes it critical for everyone to know how fitness affects the mission."

The wing commander has included FitLinxx usage as a goal day metric and placed registration on squadron in-processing checklists, so it's definitely a priority for him, Mr. Geairn said.

"We have 27 metrics to measure our progress toward accomplishing our goals, and of those metrics, we [senior leadership] are picking six that we are really going to zero in on," said Col. Dave Goldfein, 52nd Fighter Wing commander. "One of these metrics involves fitness. We want 15 percent of our Sabers to log at least 12 workouts each month on FitLinxx. Lack of participation has been a real challenge for the wing in the past."

The next proposed goal day is scheduled for Jan. 14, Colonel Goldfein added.

"I encourage my fellow Eifel Sabers to use FitLinxx -- especially now since it's a big part for determining goal day metrics," Airman Fusaro said. "People should use it to see how they are improving in their fitness or to see what areas they need help in. They are also able to work out on their own time and track progress."



Tech. Sgt. Jerry Large

### Run, sergeant, run!

Staff Sgt. Carrie St. Cyr, 455th Expeditionary Maintenance Squadron A-10 avionics journeyman, deployed from the 52nd Aircraft Maintenance Squadron, sprints toward the finish line at the Veteran's Day race Nov. 14 at a forward deployed location. The 1.5 mile race on the airfield served as a memorial to the veterans who fought for freedom in the past. The NCO earned first place in the female category with a time of 12 minutes, 20 seconds. She improves her race times by maintaining a steady breathing pattern and by remaining calm throughout the run.

# Football: AF participates in Veteran's Day tribute at Redskins game Sunday

By Staff Sgt. C. Todd Lopez  
Air Force Print News

**LANDOVER, Md.** -- Thousands of sports fans and patriots were entertained here Sunday by the Washington Redskins and Cincinnati Bengals football teams and the U.S. Air Force.

The day's main attraction was the Redskins' battle against the Bengals, but as part of a tribute to American military veterans, the Air Force participated in the pre-game activities and halftime show in the stadium.

Air Force Chief of Staff Gen. John P. Jumper kicked off Air Force participation at the event by witnessing the pre-game coin toss. Cincinnati won the toss and chose to receive.

Following the coin toss, members of the Air Force Honor Guard from Bolling Air Force Base, D.C., presented the colors.

Maj. Katherine Strus, with the Air Force's legislative liaison office at the Pentagon, sang the national anthem before the game.

During the last few bars of the anthem, a four-ship formation of F-15 Eagles from Langley Air Force Base, Va., performed a flyover.

"Singing for the Washington Redskins on Veteran's Day was more incredible than I could have ever imagined," Major Strus said. "It's giving something back to active-duty (Airmen) and a way to say thank you to so many veterans and family members -- many of which (veterans) never came home."

Following the flyover, the aircraft landed at nearby Andrews Air Force Base, Md., and the pilots traveled to



Master Sgt. Jim Varhegyi

**Air Force Chief of Staff Gen. John P. Jumper (center left) was on hand for the opening coin toss at the Washington Redskins vs. Cincinnati Bengals football game in Landover, Md., Sunday. It was part of a Veteran's Day salute to the Air Force.**

the stadium. At halftime, the pilots and crew chiefs of the F-15s, along with General Jumper and his wife, were introduced to the crowd.

The crew chiefs included Staff Sgts. Randall Helton, Dennis Wild and Dustin Ossman, and Senior Airman Avery Johnston. The flyover pilots were Lt. Col. Robert DeStasio, Maj. David Toogood and Capts. Henry Schantz and Jason Stinchcomb.

The pilots and crew were all assigned to the 71st Fighter Squadron at Langley.

Halftime entertainment was provided by the Air Force Band's Singing Sergeants.

The Redskins lost 17-10.



Master Sgt. Jim Varhegyi

**Maj. Katherine Strus sings the national anthem at the opening ceremonies of the Washington Redskins vs. Cincinnati Bengals football game in Landover, Md., Sunday. Major Strus is assigned to the Air Force's legislative liaison office at the Pentagon.**

## Sports Briefs

### Turkey Trot

See fellow Sabers strut their stuff at the Turkey Trot 5K Fun Run Wednesday at noon. Team Eifel members who bring five or more squadron members can earn punches for their Eifel MERGE card, and all participants get a chance to win a \$50 AAFES gift certificate. For more information, call De Shane Casillas at 452-6496.

### Fitness center hours

The Skelton Memorial Fitness Center will close Nov. 25 and 26 in observance of Thanksgiving Day and power upgrades. The Bitburg Annex fitness center will be open with keyless card entry only. For more information, call the base fitness center at 452-6634.

### Dance and gymnastics

Don't let this opportunity dance away. Learn dance and gymnastics techniques at the teen center in the Bitburg Annex or the Spangdahlem Air Base youth centers. Registration is Dec. 1-15, and classes run from January through May. Packages are available at both locations beginning Nov. 29. For more information, call Sally Fuller at 452-7545 or 06565-61-7545.

### Combat Cheer basketball

Dunk the blues with a game of basketball at the Combat Cheer Basketball Games. Play a five-on-five game Dec. 4 at 9 a.m. in the Skelton Memorial Fitness Center. Play is open to those who are at least 18-years-old and not in school -- primarily unaccompanied Airmen who can earn fully-validated MERGE cards. There will be both male and female categories. For more details, call Staff Sgts. Brian Sneed and Foster Gilbert or Mark Warner at 452-6634.